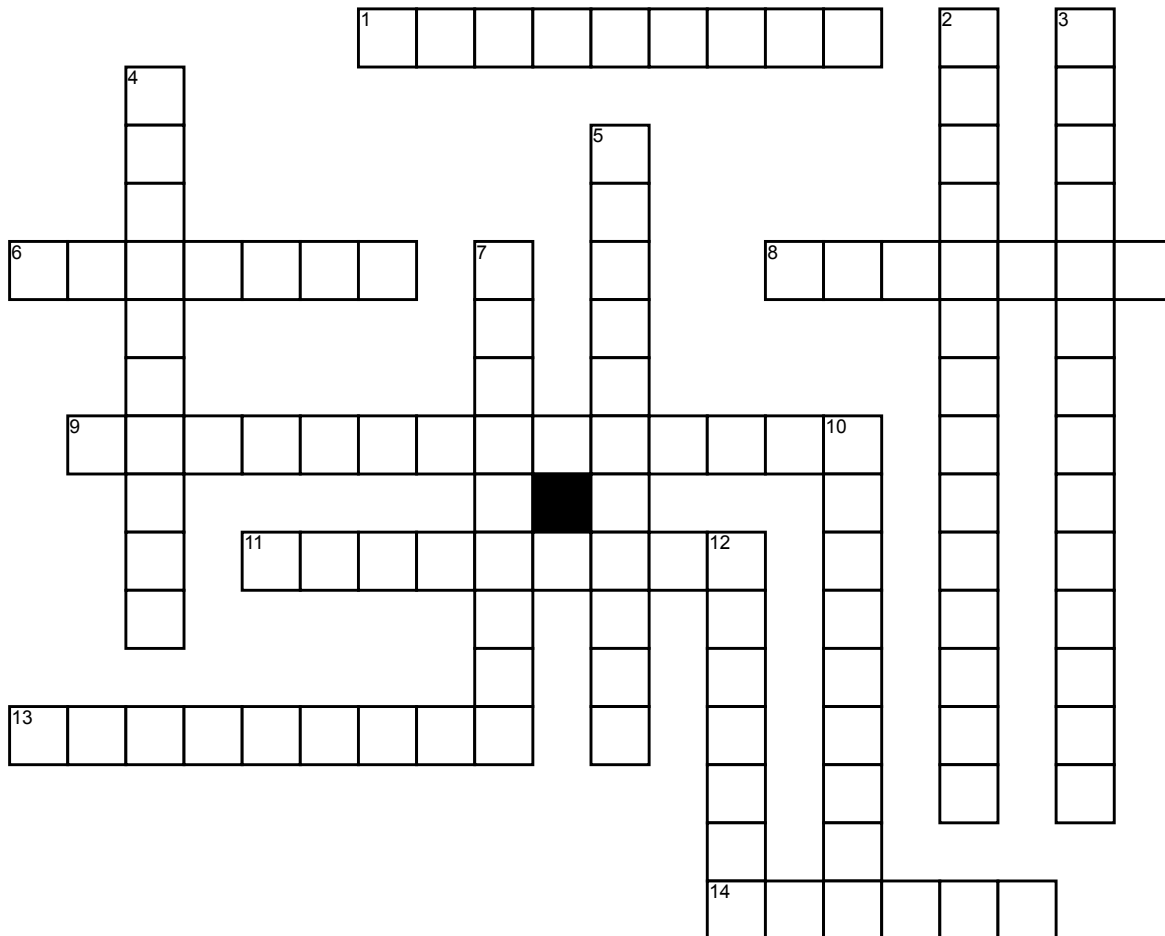


First Aid



Across

1. tissues, pinch bridge of nose
 6. heimlich
 8. Keep it from breaking and cover with moleskin
 9. Use Band-Aid and Clean
 11. use fine nosed tweezers and grasp as close to the skin. To remove pull slow and steady upward motion

13. lie down and stay still, remove tight objects

14. use this to puncture blister and then leave skin on

Down

2. use something flat to remove and ice it. Then use itching cream

3. move to shaded area, lay down and raise feet above head slightly, rehydrate.

4. cool with water, don't use creams or ice

5. sit down, drink plenty of water

7. gradual warming

10. do not wash, apply cold, suck, suck, bite or eat

12. aloe vera, cooling shower, hydrate